

COMMENTS:

1 White balsamic vinegar is made from white grapes and is combined with white wine vinegar. Although milder and sweeter, it also is not as overpowering in salads as the darker balsamic vinegar.

2 Dijon mustard averages 120mg sodium per teaspoon. There are several brands with less than 70mg per teaspoon, such as **Temeraine** (7mg) and **Westbrae Natural** (65mg). See **RESOURCES**, page 272, for additional information.

3 Bottled roasted minced garlic may also be used and is found in the produce section of most supermarkets.

THE BEST VINAIGRETTE

Sodium Per Serving – 30mg

Serves 6

Everyone loves this easy-to-make dressing. The addition of roasted garlic is the secret ingredient. You can use it on just about any tossed salad.

2 tablespoons white balsamic or red wine vinegar¹

1 garlic clove, finely minced³

2 tablespoons extra-virgin olive oil

1/8 teaspoon dried basil or tarragon

1 teaspoon Dijon-style mustard²

1 teaspoon sugar substitute or sugar

► Blend together all ingredients, either by whisking in a small bowl or by shaking well in a screw-top jar. Pour over salad and toss.

NUTRITIONAL INFO PER 2 TABLESPOONS: Calories 63, Fat 7g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 0g (Fiber 0g, Sugar 0g), Sodium 30mg

VARIATIONS

FRENCH DRESSING

Omit the sweetener and increase the Dijon-style mustard to 1½ teaspoons.

NUTRITIONAL INFO PER 2 TABLESPOONS: Calories 65, Fat 7g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 0g (Fiber 0g, Sugar 0g), Sodium 75mg

RASPBERRY VINAIGRETTE

Substitute 2 tablespoons raspberry vinegar for the balsamic and ½ teaspoon finely grated orange peel for the garlic; reduce the sweetener to ½ teaspoon.

NUTRITIONAL INFO PER 2 TABLESPOONS: Calories 62, Fat 7g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 0g (Fiber 0g, Sugar 0g), Sodium 30mg

SHALLOT VINAIGRETTE

Omit the garlic and sweetener, add 2 tablespoons finely minced shallots.

NUTRITIONAL INFO PER 2 TABLESPOONS: Calories 66, Fat 7g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 1g (Fiber 0g, Sugar 0g), Sodium 31mg

ROASTED GARLIC DRESSING

Add 1 tablespoon roasted garlic (*see COOKING TIP, page 185*).

NUTRITIONAL INFO PER 2 TABLESPOONS: Calories 80, Fat 7g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 4g (Fiber 0g, Sugar 0g), Sodium 32mg

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

1 t Dijon mustard - 120mg

½ t roasted garlic - 1mg

Fat (Sat Fat):

2 T olive oil - 28mg (4mg)